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MODEL-TURNED-ACTRESS IS GETTING LOTS OF FILM GIGS, INCLUDING A LEADING ROLE IN PETER BERG'S BATTLESHIP PAGE 15



CALGARY

metro

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Tuesday, May 15, 2012



metronews.ca | twitter.com/metrocaltary | facebook.com/metrocaltary



We all scream for ICE CREAM

Karla Otte, left, and Katelyn Kellner, both 11, cooled off with some ice cream from My Favourite Ice Cream Shoppe in Marda Loop on Monday. Environment Canada is forecasting it could be even nicer in Calgary Tuesday with a daytime high of up to 27 C. CANDICE WARD/FOR METRO

Dawgs players dedicate title to fallen mates

Team tragedy.

Stars of the Prairie Baseball Academy were gunned down in a triple murder near Claresholm last December



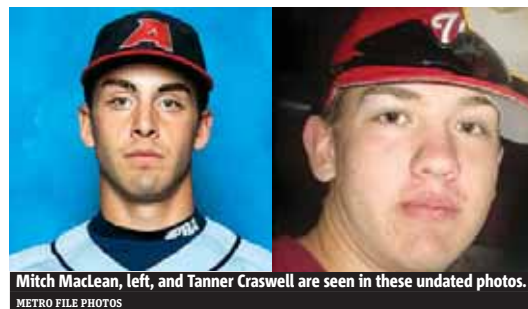
JEREMY NOLAIS
jeremy.nola@metronews.ca

It's go time.

That was the mantra members of the Prairie Baseball Academy Dawgs lived by as they dusted off their cleats and hit the field in February, just months after the murder of two teammates and good friends.

Rising ball prospects Tanner Craswell and Mitch MacLean were killed near Claresholm, Alta., Dec. 15 while travelling to Calgary International Airport and then home to Prince Edward Island for Christmas.

Tabitha Stepple was also shot dead before the gunman, her ex-boyfriend Derek Jensen, turned the weapon on himself.



Mitch MacLean, left, and Tanner Craswell are seen in these undated photos. METRO FILE PHOTOS

On Sunday, the Dawgs paid an emotional tribute to their fallen peers, capturing the Canadian Baseball Conference championship in Kamloops.

"I think a lot of us took the approach of basically playing the game like those two played," said Dawgs pitcher Joel Wrigley.

"With the Dawgs, it's a family... Once you buy into it you realize you are part of something much bigger than a baseball team."

The Dawgs decided not to dedicate their season to Craswell and MacLean amid concerns that pressure would do them no good on the field.

But on Sunday five months of bottled emotions came pouring out as the team members gathered around the pitcher's mound to celebrate their achievement.

"We had two extra guys out there on the field with us," offered head coach Todd Hubka Monday.

"We talked about winning a championship, but we never talked about why we wanted to win. I know a big reason why, it was because of those boys... We weren't going to get beat."

Follow Jeremy Nola on Twitter @Metro_Jeremy



Teen charged with murder

A 17-year-old faces second-degree murder charges after an assisted-living worker was found dead inside a group home PAGE 6

Accuser testifies in Clemens trial

Brian McNamee says he injected Roger Clemens with steroids while the star pitcher was with the Blue Jays in 1998 PAGE 31

The skinny on the 'OMG Diet' — FTW or epic fail?

Sleep in, drink coffee, and skip breakfast, the fad diet advises. Will it work? PAGE 20

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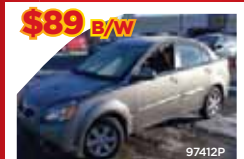
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Off-duty officer leaps into action in woman's rescue

Incident. Possible mechanical failure sent vehicle careening into irrigation canal



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

One Calgary police constable dove into his workweek a little early Monday after watching a car plunge off Deerfoot Trail and into an irrigation canal.

Senior Const. Jim Dalidowicz was on his way to work on the busy highway near 17th Avenue S.E. when he saw a minivan in a middle lane veer off the road to the right, crash through a wire fence and become momentarily airborne on its way down to the canal.

Without thinking, Dalidowicz sprang into action. He exited his vehicle, headed down an embankment and waded out to the partially submerged vehicle with the shaken driver still inside.

"Pure instinct," Dalidowicz said of his reaction. "Some people ask me if, when I am off-duty, if I turn a blind eye to things — but I just can't."

The woman was taken to shore and assessed for injuries before being released.

Calgary EMS spokesperson

Those involved

- Senior Const. Jim Dalidowicz works out of the Calgary Police Service's District 4 office and has been with the service for 10 years.
- The driver of the minivan that plunged into the irrigation canal suffered no known injuries and denied further medical assistance after being assessed on scene, said Calgary EMS spokesperson Adam Loria.

Adam Loria said the driver denied having any type of medical episode prior to the crash.

A police spokesperson said Monday afternoon that initial indications from the driver pointed to a possible mechanical malfunction involving the minivan's brakes.

Dalidowicz, meanwhile, admitted Monday he has never been involved in a spur-of-the-moment water rescue but would do it again if needed.

"I'm always looking out for the other man and hope I get the same treatment later on, if needed," he said.

Follow Jeremy Nolaïs on
Twitter @Metro_Jeremy



Senior Const. Jim Dalidowicz helped rescue a woman from her van after it veered off Deerfoot Trail and into an irrigation canal Monday. CANDICE WARD/FOR METRO

Mid-air plane collision leaves many questions unanswered



Crews search for pieces of two planes that collided over Saskatchewan Saturday. METRO FILE

News that two planes collided in mid-air Saturday killing five people has left a Calgary-area flying expert stunned.

General manager of Springbank Air Training College Jade Jewell said the first thought that entered his mind was how random the occurrence was.

"It's a very freak thing to have occurred," said Jewell, who's been with the college for three years.

He said he and his fellow flight instructors could go up in the air as many as 30 times each day.

"It would definitely be interesting to know why because it's just such an odd occurrence,

and maybe, ultimately, there will be no explanation."

An official with the Transportation Safety Board says the bodies of the five people killed in the mid-air collision over Saskatchewan have been recovered.

Peter Hildebrand says the investigation into what happened in the sky over St. Brieux northeast of Saskatoon is proving difficult.

Family members have already confirmed that the three people on board the Piper were Denny Loree, Eric Donovan and his 11-year-old son Wade — all from Mossleigh, Alta.

KATIE TURNER/METRO

Aftermath

- Police have not identified the victims but an obituary in a Saskatchewan newspaper says Joy and Eric Jackson of Regina were also killed.
- Hildebrand said the planes were badly damaged in the collision but also when they hit the ground.
- Debris from the planes is scattered over grassy fields and in trees.

Bodies found in park

Lethbridge homicide victims identified

Two men found dead in a park on Sunday morning have been identified by the Lethbridge Regional Police.

Marty Leon Steele, 35, and Aaron Louis Thacker, 30, both from Lethbridge,

were discovered by a passerby in the park and pronounced dead at the scene.

Both victims suffered from stab wounds, but cause of death has yet to be confirmed.

Lethbridge police believe it was a targeted attack and have determined the two men knew each other. The investigation is ongoing. **METRO**

Dozens of fires

Wildfires still out of control

Three wildfires are still burning out of control in northern Alberta near Grassland, Lodgepole and northwest of Bonnyville.

Close to 200 firefighters are working across Alberta to battle 57 wildfires. **METRO**

Safety blitz

More tickets issued on Hwy. 63

It was another weekend of police pulling over hundreds of speeders on highways between Edmonton and Fort McMurray. In total, 336 tickets were issued on Highway 63 and other roads between Thursday and Sunday. **THE CANADIAN PRESS**

Four-vehicle crash

Calgary woman ID'd in B.C. crash

Investigators have identified 68-year-old Patricia Anne Marie Rempel of Calgary as the victim of a four-vehicle crash near Golden, B.C., that happened Saturday. RCMP say Rempel's vehicle crossed the centre line and hit a pickup truck. **METRO**



NEWS

On the web

Testing robots on human contact

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Inking your medical condition not the solution

With more people replacing MedicAlert bracelets with tattoos of their medical conditions, doctors are warning that getting inked doesn't usually suffice. Read the story at metronews.ca

Mobile news



Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

Capital budget could see some projects slashed

Special meeting. Mayor says questions need to be asked about efficiency of projects

TESSA CLAYTON
calgary@metronews.ca

Computers, parks and helicopters were all a part of

council's special meeting Monday morning to discuss the 2013-2014 capital budget.

In the document, the Calgary Police Service requests \$2.25 million to upgrade its HAWCS helicopters, something Mayor Naheed Nenshi said needs justification.

"In particular, the HAWCS helicopter program is very expensive and I think it's an opportunity for the police service to trot out the data," the mayor said.

Nenshi doesn't think it would be a bad thing if each time the helicopters were deployed the police provided a reason for its use.

"Once the investigation is concluded there's nothing wrong with telling people what it was doing," he continued.

"But to spend two million dollars on upgrades to two helicopters ... it makes sense for council to ask some questions about the efficiency of

that program, as we do about every program that we spend money on."

John Dooks, head of the Calgary Police Association, said the HAWCS choppers are an indispensable asset for police and community safety.

"They're the tool that bridges the gap," he said. "It's money well spent, they've proven their worth, they've proven the necessity of it and, if anything, they need more, not less, of it."

Asking questions

'Serious discussions' ahead on capital projects

While Nenshi said nothing would be added to the budget, council would be

having "serious discussions" about projects that may potentially come off, including IT spending.

"In particular, there's a few things council has a lot more questions where we may want to defer a decision for 2013-2014 until we've done a lot more work on it."

TESSA CLAYTON/FOR METRO

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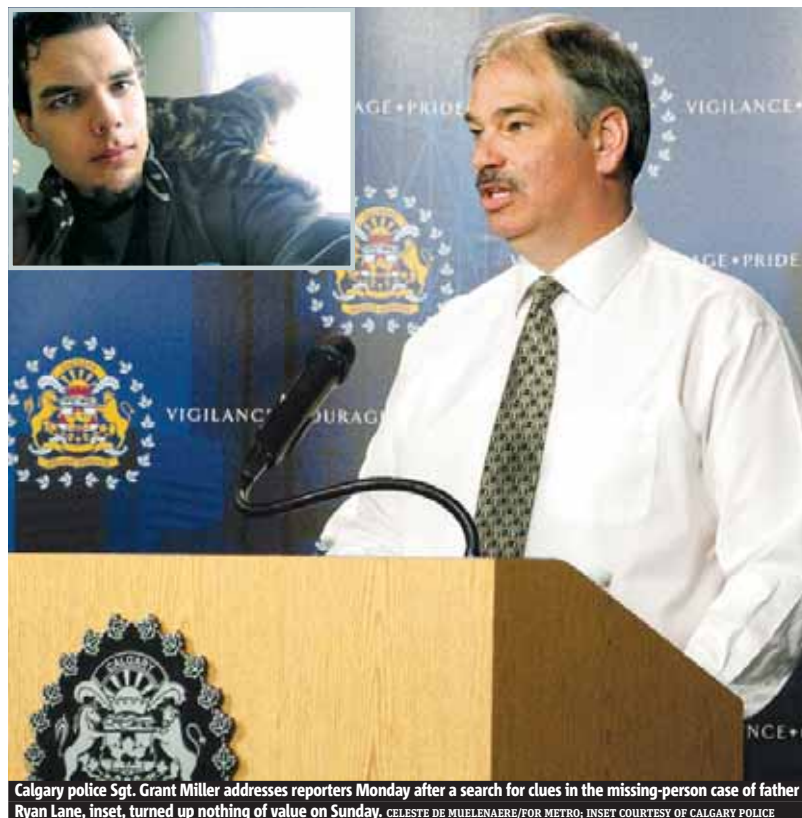
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Police vow to continue search for missing Calgary father



Calgary police Sgt. Grant Miller addresses reporters Monday after a search for clues in the missing-person case of father Ryan Lane, inset, turned up nothing of value on Sunday. CELESTE DE MUELENAERE/FOR METRO; INSET COURTESY OF CALGARY POLICE

Police uncovered nothing of value during a mass search for a missing Calgary father on the weekend, but vowed Monday to continue efforts in relation to the case.

On Sunday, roughly 100 police officers and volunteers combed an area west of Beiseker for 24-year-old Ryan Lane, who was last seen Feb. 7.

Police have yet to indicate what led them to the rural area — the search included fields, gravel pits and a river

basin — but staff Sgt. Grant Miller said they are not done there.

But Miller added that many of the volunteers that helped conduct the search Sunday have other responsibilities as well, making it unlikely another such large-scale search would be possible.

"This was the first phase of the search. This is a huge area," Miller said. "This will probably be one of the largest searches in Western Canada

for something like this."

Police are meeting over the next few days to plan the next phases of searching the desolate area.

They have no new information on a possible motive for Lane's disappearance and urge the public to come forward with any information.

"We are all doing this for the Lane family and that is what we need to remember," Miller said of the investigation.

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Teen charged in death of assisted-living worker

Worker dead. Resident charged with murder, theft of vehicle as investigation continues



HEATHER MCINTYRE
Metro in Edmonton

Camrose police charged a 17-year-old with second-degree murder on Monday after a 61-year-old woman was found dead at an assisted-living home Saturday night.

"She had been a longtime worker," said Insp. Lee Foreman. "(And) he was a resident of the facility."

The teen was apprehended in Vermillion, about 140 kilometres away, in the woman's stolen car, he added.

The Camrose Commu-

ity Connections program at the Marler Supported Independent Living home is designed to house four 17- and 18-year-olds referred by the province's child and youth services department. An aid worker is present at all times.

Calls to the organization were not returned Monday.

"It's so they can have individual life skills that can help when they go out on their own," said Foreman, adding residents pay rent and utilities, and buy groceries.

Human Services spokesperson Lisa Shankaruk told Metro it is too early to determine if there will be a provincial investigation.

But NDP critic Rachel Notley thinks there should be a review.

"The workers in these facilities must be kept safe,

More information

- An autopsy is scheduled for Tuesday, after which Camrose police said they hope to release the woman's identity and cause of death.
- The charged teen will make his first court appearance June 7.

and the current laws don't do that," she said. "It is tragic that we've allowed this to happen again."

Valerie Wolski, a 41-year-old mental-health worker, was killed in a client's Camrose home in February 2011.

Follow Heather McIntyre on
Twitter @MacstheWord



A teenager was charged Monday with murder after a woman who worked at the Marler Supported Independent Living home, located at 6703 Marler Drive, was found dead over the weekend. HEATHER MCINTYRE/METRO

Friends fight for hang-gliding victim's legacy to live on

Friends and family of a woman who fell to her death during a hang-gliding accident are working to preserve her memory and provide her boyfriend a ray of hope.

In the just over two weeks since Lenami Godinez Avila, 27, died in B.C.'s Fraser Valley, nearly \$11,000 has been donated to a scholarship in her name at Simon Fraser University; however, her loved ones are hoping for more.

Katherine Louman-Gardiner, a close friend of Godinez Avila's boyfriend, said the goal is to raise \$20,000 for the scholarship to become a self-sustaining endowment fund.

"My motivation is helping (her boyfriend) through this," said Louman-Gardiner, asking Godinez Avila's boyfriend, who is originally from the Calgary-area, remain unnamed.

"I want the conversation to be about Lenami's life and

not her death."

The scholarship will be directed at international students coming to Canada with a passion for the environment, much like Godinez Avila, who hailed from Mexico.

Godinez Avila's boyfriend, who was there when she fell, is struggling with the loss after three years together, said his younger sister, who also requested to

remain unnamed.

"The scholarship isn't her, but it is her — it's her spirit. The moment people stop saying her name, that's when she dies," she said. "She died so happy and so in love and my brother is going to die in love as well because he's going to love her until the day he dies."

Donations to the scholarship can be made through rememberinglena.com.

KATIE TURNER/METRO



Lenami Godinez Avila COURTESY REMEMBERINGLENA.COM



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Plane-crash survivor Andreas Rasch, from Denmark, is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

Nepal. Survivors say they were thrown around, squeezed between seats and bodies before climbing out of plane to safety

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots

and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but

did not catch fire, Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

Crash. Onlookers watched plane burst into flames

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went

down just before 7 p.m. Sunday, only minutes after take-off from Okanagan Lake, near the community of Peachland, 25 kilometres southwest of Kelowna.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire. THE CANADIAN PRESS

Manitoba

Greyhound killer could be granted temporary leave

Vince Li could soon be granted temporary passes away from a mental hospital four years after he beheaded and cannibalized a fellow passenger on a Greyhound bus.

A psychiatrist said the 44-year-old has responded well to medication.

THE CANADIAN PRESS

Palestinians agree to end hunger strike

Held by Israel. The agreement ends a standoff that left some clinging to life; thousands demonstrated

to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike,

Quoted

"This deal was a serious mistake, instead of making things tougher for the terrorists they are giving them gifts."

Danny Danon, an Israeli lawmaker from the ruling Likud Party

leaving them in life-threatening condition, according to supporters.

With Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the "nakba," or "catastrophe," the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago. The deal was signed on Monday.

THE ASSOCIATED PRESS



Palestinian activists inside the Socialist headquarters in Paris on Monday, demand the release of Palestinian prisoners in Israel. CHRISTOPHE ENA/AP

Vatican mystery. Police investigate mobster's remains in church crypt

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into whether Emanuela Orlandi may have been buried alongside him.

Orlandi was 15 when she

Sant'Apollinare basilica

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed. He said the corpse was in relatively good condition, but there was only one body, a male.

disappeared in 1983 after leaving her family's Vatican City apartment to go to a music lesson in Rome. Her father was a lay employee of the Holy See.

THE ASSOCIATED PRESS

Poison plot?

China dismisses Dalai Lama's allegation

China accused the Dalai Lama of being deceitful Monday after he alleged that Chinese agents trained Tibetan women to assassinate him by planting poison in their hair for him to touch during blessings.

The Chinese Foreign Ministry said the Tibetan spiritual leader's allegations, reported in the London-based Sunday Telegraph newspaper, were not worth refuting, but added that he generally spreads false information. THE ASSOCIATED PRESS

Afghanistan

Leader mourned

Hundreds of people on Monday mourned the death of a Taliban official who had reconciled with the Afghan government and was working for peace.

A gunman in a car assassinated Arsala Rahmani on Sunday.

The killing dealt a blow to the U.S.-backed effort to negotiate a political resolution to the war.

It was the second killing of a member of the peace council. Former Afghan President Rabhani was assassinated in 2011.

THE ASSOCIATED PRESS

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U.K. Restaurant owner convicted of recruiting young girls for sex work

A British jury has convicted a 44-year-old man of trying to recruit girls as young as 12 years old into prostitution.

The jury at Carlisle Crown Court also found Azad Miah guilty Monday of paying for the sexual services of two teenage girls and running a brothel from his business, the Spice of India restaurant in Carlisle, northern England.

Miah, a married father of four, had denied all of the charges and claimed he was the victim of a conspiracy between the girls after he

Sentencing

Judge Peter Hughes warned Miah he would face a "substantial" prison term when he is sentenced on Tuesday.

stopped giving them money.

He was convicted of trying to recruit four girls into prostitution and cleared of the same charges against two other girls.

THE ASSOCIATED PRESS

Secret Service scandal

Investigator won't interview prostitute

The chairman of the U.S. House homeland security committee is refusing to meet with a Colombian prostitute involved in the U.S. Secret Service scandal.

Rep. Peter King tells CNN that a meeting with the woman, identified by her lawyer as Dania Londono Suarez,

would be "a publicity stunt."

King's panel is conducting its own investigation of the incident in which several Secret Service agents consorted with prostitutes in advance of U.S. President Barack Obama's arrival for a regional summit in Colombia last month.

Asked in an interview Monday about reports the woman wants to meet with him, King replied, "There's been enough cheap publicity."

THE ASSOCIATED PRESS

Binge drinking in Britain a national 'scandal': PM



Two men walk past bins full of empty alcohol bottles in the central London area of Soho. Binge drinking has reached crisis levels in Britain, health experts say. ALASTAIR GRANT/THE ASSOCIATED PRESS

Booze. Famous for its pub culture, Britain is paying \$4.4 billion a year in alcohol-related health costs

The girls slumped in wheelchairs look barely conscious, their blond heads lolling above the plastic vomit bags tied like bibs around their necks.

It's an hour to midnight on Friday, and the two girls, who look no older than 18, are being wheeled from an ambulance to a clinic set up discreetly in a dark alley in London's Soho entertainment district.

They're the first of many to be picked up on this night by the ambulance, known as a "booze bus," and carried to the clinic — both government

No shame

At home "it's embarrassing to be drunk. Here it's kind of something you brag about."

Kaisa Toroskainen, Finnish graduate student

services dedicated to keeping drunk people out of trouble, and out of emergency rooms.

Binge drinking has reached crisis levels in Britain, health experts say, costing the cash-strapped National Health Service \$4.4 billion a year, including the cost of hospital admissions related to booze-fuelled violence and longer-term health problems. Unlike all other major health threats, liver disease is on the rise in Britain, increasing by 25 per cent in the last decade and causing a record level of deaths, according to recent government figures.

Such public displays of extreme drunkenness are inexplicable and shocking to many foreigners living in Britain, even those who hail from heavy drinking cultures.

Doctors believe rising obesity is combining with heavy drinking to fuel the spike in liver disease, which is hitting more young people than ever.

Prime Minister David Cameron has declared binge drinking a national "scandal," and the government is seeking to curb the excess by introducing a minimum price. THE ASSOCIATED PRESS

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POLYTECHNIC

Snowfall hits Bosnia after hot May weekend

Wacky weather. Cold spell following unusually warm spring forecast to last at least until middle of next week

Sunbathing one day, snowstorm the next: Bosnians are getting whiplash from the latest crazy weather to

hit the Balkans.

Weeks after Bosnians had stashed away their winter clothes and their memories of last winter's unbearably heavy snow, residents had to drag out the shovels Monday after waking up to a blanket of snow in the middle of an otherwise unusually hot May.

The unseasonal weather followed a week of summer-

like temperatures with 27 Celsius registered in Sarajevo on Saturday.

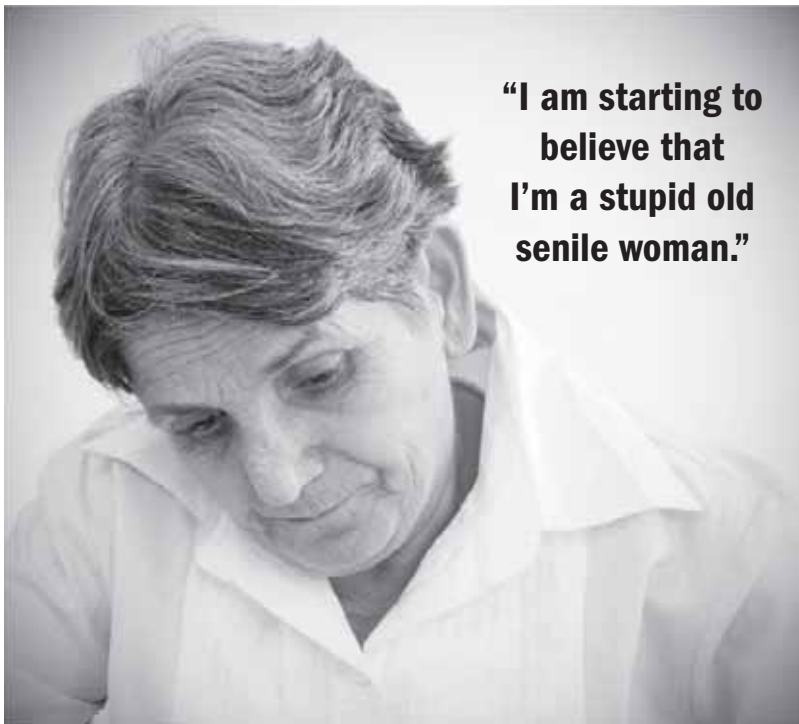
Temperatures hit 5 C on Monday, causing traffic jams as people struggled to get to work.

The cold spell is forecast to last until at least the middle of the week, when the snow is expected to be replaced by heavy rain.

THE ASSOCIATED PRESS



Cars drive along a snowy road near Sarajevo, Bosnia, on Monday. AMEL EMRIC/THE ASSOCIATED PRESS



"I am starting to believe that I'm a stupid old senile woman."

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Mexico From 1.9 c/min	Nepal 14.9 c/min	Pakistan 5.9 c/min	Philippines 11.9 c/min	Poland 1.9 c/min	Romania 1.9 c/min	Russia 1.9 c/min
South Korea 2.9 c/min	Sri Lanka 9.9 c/min	Trinidad 4.9 c/min	UAE 14.9 c/min	Ukraine 7.9 c/min	United Kingdom 2.9 c/min	Vietnam 4.9 c/min



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Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

The guidelines were developed by Canada's major banks and credit unions, although analysts say using smartphones as surrogate wallets to pay for purchases is still a few years off.

Telecom analyst Iain Grant of the SeaBoard Group says smartphones first need to be equipped with what's called Near Field Communication, a technology that allows consumers to tap or swipe their phones against terminals to pay for goods.

Grant says that in five years all smartphones are expected to be equipped with this technology.

THE CANADIAN PRESS

Canadians confident in job security

Economic climate.
Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction

was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

John Cardella, Ceridian's vice-president of human resources, points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago.

Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011.

THE CANADIAN PRESS



Japan taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon Inc. is moving toward fully-automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly-line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. KOJI SASAHARA/THE ASSOCIATED PRESS

Market Minute



DOLLAR
99.71¢
(-0.2¢)

Natural gas: \$2.431 US (-7.8¢)
Dow Jones: 12,695.35 (-125.25)



TSX
11,488.61 (-206.14)



OIL
\$94.78 US (-\$1.35)



GOLD
\$1,561 US (-\$23.00)

Safety

Feds investigate Hyundai Elantra

Federal safety regulators are investigating a complaint that a car owner's ear was cut in half when a side air bag inflated in a Hyundai Elantra. THE ASSOCIATED PRESS

METRO CUSTOM
PUBLISHING

BANK ON BMO CHINOOK

Banking is now even more convenient at the new BMO® Chinook Branch.

This new full-service branch opened its doors on April 30 at 65th Avenue and Macleod Trail SW, and offers customers a number of new exciting banking features.

"My team and I are extremely excited to be moving into a branch that is so modern and customer friendly," says Teri Savoie-Pollard, branch manager, BMO Bank of Montreal.

The branch will offer customers extended banking hours, including Satur-

days and Sundays, with on-site access to personal and commercial banking experts and financial planners.

This branch also offers customers a number of conveniences, such as service provided in seven languages (English, Tagalog, Mandarin, Spanish, Urdu, Punjabi and Vietnamese), access to commercial account and deposit services, three ATMs and barrier-free access.

Even counting your loose change is convenient with the free Coin Counter, a simple-to-use kiosk,



The branch's grand opening will take place on July 14.

For more information about this new branch, call 403-234-1848.

BMO's Chinook Branch extended hours of operation (beginning May 14),

which now include Saturdays and Sundays, are:

- Monday to Wednesday, 9 a.m. to 6 p.m.;
- Thursday and Friday, 9 a.m. to 8 p.m.;
- Saturday, 9 a.m. to 5 p.m.;
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*This promotion is available at the BMO Bank of Montreal Chinook Branch located at 6550 Macleod Trail SW, Calgary, AB T2H 0K6 and runs from May 14 to June 30, 2012 inclusive. A deposit of \$25 will be made into the lead account in the Kids discounted program within 60 days of the first deposit, and only one \$25 bonus will be awarded per bank program. The first deposit must be a minimum of \$25 and made on or before June 30, 2012 to qualify. A balance of at least \$25 must be maintained in the account for a minimum of 60 days. A "kid" is defined as under the age of 13. One \$25 bonus per kid. Current Kids discounted plan customers are not eligible for this promotion. US Dollar accounts are not eligible for this promotion. Bonus will be awarded to the first 150 customers only. *Registered trade-marks of Bank of Montreal.

CATS AND THEIR CURIOUS APPEAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend,

cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.



Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping



Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view



"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA) The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view



"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.

Register at metropolitanpanel.ca and take the quick poll

80%
AGAINST: THAT'S CRAZY SAUCE!

20%
FOR: THE WORLD'S A SCARY PLACE

Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

Twitter

@breannacathryn: First day wearing shorts! #yyc you make me so happy. Beautiful day :)

@vickerr: Ahhhh Downtown #yyc I missed you! Working in the core again, love the bustle! #MusicToMyEars

@JonChristopherD: My superpower must be absorbing the sun and turning it into awesome. I feel great for the first time in weeks! #yyc #weather #ilovesun

@AshesColby: Looooooves mid-day delays on #yyc #transit... Really? 18 minute delay? Awesome. #FirstWorldProblems...

@mibergeron: Just saw @nenshi on BBC. Great Mayor, very well spoken. He's making #yyc proud

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Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED
EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy *Just Go With It*, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film *Battleship* — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like *Hancock* and *Friday Night Lights* — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a

way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"*Battleship* has a lot of different elements, and Brooklyn is a huge part of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free *What to Expect When You're Expecting* due out this Friday.) "You know, I just want to

play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge

part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

2

SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie *Snow White* and the *Huntsman* Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In *Snow White* and the *Huntsman* he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).

THE ASSOCIATED PRESS

On the web



Fox moves *Glee* to Thursday, turns Tuesday into comedy night



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Chronicle

Director. Josh Trank

Stars. Dane DeHaan, Alex Russell, Michael B. Jordan

● ● ● ● ●

A spooky lo-fi sci-fi tale of power corrupting, in which director Josh Trank and screenwriter Max Landis display enough raw talent to suggest better things to come. Introverted Seattle teenager Andrew (Dane DeHaan) has a plan for dealing with bullying at home and school, plus the mental stress of his mother's terminal illness: he'll document it all with the absurdly large camera he's just bought. The filmmakers don't need the Blair Witch-style found-footage conceit. It's become both a crutch and an annoyance. Chronicle would still captivate without it, especially when you have a cast as strong as this one.

PETER HOWELL



Rampart

Director. Oren Moverman

Stars. Woody Harrelson, Ben Foster, Sigourney Weaver

● ● ● ● ●

LAPD Rampart division cop Dave Brown (a brilliant Woody Harrelson) has such a large chip on his shoulder, it's a wonder he can stand. From behind his aviator shades and constant smirk, Brown views the world the same way Rampart director Oren Moverman sees the urban landscape: bleached of colour and definition. Accused of being racist, Brown angrily replies: "I am not a racist... I hate all people." Brown is a chauvinist, but he lives in the same home as his two ex-wives, two sisters whom he's fathered children with. He's a tragic figure, almost Shakespearean in his inability to see the morass he's fallen into, which gets deeper by the minute.

PETER HOWELL

Van Winkle keeps his remarks on 'ice' on Canada Sings

Season two premiere. Judges face tough decisions in amateur singing competition for charity

IAN GORMELY
scene@metronews.ca

Season two of Canada Sings, where teams of everyday Canadians compete for a chance to win \$25,000 for their favourite charities, premieres tonight. Judges Vanilla Ice (aka Rob Van Winkle) and new addition and former Lady Gaga choreographer Laurieann Gibson recently sat down with Metro to chat about the new season.

What made you want to return for a second season?

Van Winkle: I came back because season one was magical. But the charity is a big part

of why I'm here in the first place. I was pumped that they called me for season two.

What drew you in, Laurieann?

Gibson: When you do this in real life, like I creative-direct, you do one reality show and you become really cautious about that line, that reality line.

But when I found out what the show was about, I was like, "Wow, how incredible."

This being an amateur competition for charity, do you find it difficult to make judging decisions?

Van Winkle: It makes our job hard. I'd much rather be on a Simon Cowell show where it's like, "Well, that sucked." On season one, I didn't get it. For the first couple of shows, you have to get in there, marinate and figure it out.

Gibson: [The competitors] want to know that they did the best that they could do,

and that an expert was like, "Oh my goodness, that felt like a Grammy performance." It's so empowering.

So as judges, you do have to pull your punches a bit.

Van Winkle: We hold back, but deliberations, which they filmed this year, nobody else is supposed to hear that. We hope they didn't throw us under the bus too bad. We know they're not professionals. We could critique the heck out of them and point out the

flaws. But we're here to see the journey these people went on to come out of the work environment to put on a great show for a good cause.

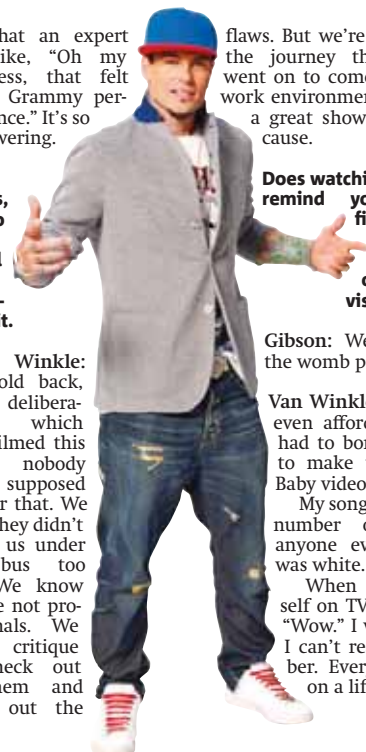
Does watching them remind you of your first time performing on television?

Gibson: We came out the womb performing!

Van Winkle: I couldn't even afford a video. I had to borrow money to make the Ice, Ice Baby video.

My song was already number one before anyone even knew I was white.

When I saw myself on TV, I was like, "Wow." I was only 16. I can't really remember. Everything took on a life of its own.



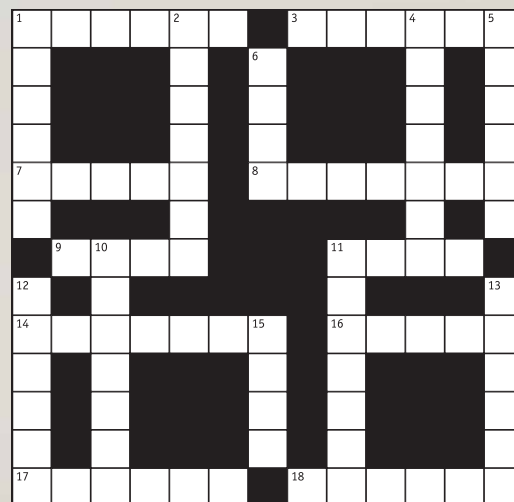
HELL ON WHEELS CROSSWORD

ACROSS

- 1 "Doc" Durant's real first name
- 3 Eddie ___ plays Joseph Black Moon in Hell on Wheels
- 7 Mount who plays Cullen Bohannon
- 8 Emancipate: 2 wds.
- 9 True ___ was a recent hit film that also featured a Confederate soldier
- 11 Common plays ___ Ferguson
- 14 A soldier is a man in ___
- 16 One of the McGinnes brothers (as he's commonly known)
- 17 Joe and Tony ___ created Hell on Wheels
- 18 Durant is played by Colm ___

DOWN

- 1 The American Civil War is also known as "___ Between the States"
- 2 In opposition
- 4 Hell on Wheels is shot in this Canadian province
- 5 Map out, as Lily Bell's ex-husband did
- 6 Esler who plays 16 Across, and namesakes
- 10 The series is set around the building of the first transcontinental ___
- 11 Put in chains
- 12 Catching a show on TV, ___ in
- 13 "The Swede" is actually from this country
- 15 Bohannon's late wife



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e one
entertainment



Adele

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tour-

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

ist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."



Jessica Simpson

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is in-

sanelly beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hit me baby: Britney joins X Factor



THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering

Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter: "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.



Drew Barrymore ALL PHOTOS GETTY IMAGES

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, ac-

cording to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.



John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four

to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about how the mediation will proceed," a source says.

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3

LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at Sick-Kids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure. The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

METRO

On the web



Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams.

The 'OMG Diet': fact vs. fiction

Mythbusting a new diet. In his bestselling e-book, *Six Weeks to OMG*, sports scientist Venice Fulton promises to get you 'skinnier than all your friends.' We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
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Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, *Six Weeks to OMG* promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "We all vary in our genetic needs but it's best to allow your body to wake up naturally. Deep sleep allows the thyroid to reset itself properly and get back into full speed once you wake. When your thyroid is high, your metabolism is on turbo boost."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.



Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.



Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton. Essentially, the body will use stored body fat as fuel to keep you warm.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton. "If you sit at your desk and not moving, this fat won't be used and will just float around until it is eventually deposited in the arteries."

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.



Fulton's Top 3 diet tips

1 No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with that one moment you 'give' yourself a treat, and you may overdo it.

2 Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.

3 Control cellulite: Our skin is made up of collagen and elastin, both of which are damaged by high levels of insulin (sugar levels). Improve skin quality by eating carbohydrates in moderation and this will control cellulite.



Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half of your plate, vegetables the other half. Just don't restrict yourself. "The minute you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Superfood

Berries fuel brain and body, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years.

METRO WORLD NEWS



Walking

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Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the *Swap & Drop Diet*, and in addition to its ideas about how simple food swaps can really add up over time to weight loss (it also includes a section on how to make healthy choices at fast-food and restaurant chains, a weekly meal planner and a ton of healthy recipes), we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our *Swap & Drop Diet*. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease. The easiest way to reach that 10,000 number and beyond is to wear a pedometer, at least until you get some perspective on what it takes to reach this goal (pedometers can be found at sporting goods stores, fitness stores and some drug stores; they range from inexpensive to pricey). Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

If you have any health concerns, be sure to speak with your doctor first to ensure it's safe for you. The *Swap & Drop Diet* book not only has a step-by-step, easy 12-week plan you can follow, it is full of ideas for how to add more steps, too.

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Attention, burger lovers: Report to 17th Ave. for lunch



Double Hamburger with Cheese (\$9). DAN CLAPSON



**LUNCH
RUSH**
Dan Clapson
life@metronews.ca

Finally, a delicious burger can be found on 17th Avenue!

New grab-and-go joint Clive Burger captures your attention right away with its bright orange chairs and black and white wallpaper. Oh, and the smell of grilled burgers helps too.

After classifying my hunger as 'moderate-to-high,' I went with a Double Hamburger with Cheese (\$9) and a side of fries (\$4).

The array of burger toppings available ranged from relish and pickles to sauerkraut and jalapenos. Seeing as I'm mildly ridiculous, I chose all of them.

My burger came out almost as tall as my bag of fries (which you get a ton of, so I recommend sharing an order of fries).

The patties were meaty and covered in hot, gooey cheddar cheese.

Since I chose to stack my burger with every topping imaginable, it took some big bites to finish my meal, but I got the job done.

Visiting the restaurant

Clive Burger

Address. 736 17th Ave. S.W.

Phone. 403-461-7088

Website. cliveburger.com

Hours. Daily (11 a.m. - 11 p.m.)

Rating. 4.5/5

Price range. \$6 - \$12

Reservations. No

Licensed. Yes

Business lunch. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

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Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey

1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parchment paper. Store in an airtight container. **THE CANADIAN PRESS/WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONO-**

Funnyman McKenna on a mission to show Lupus is no laughing matter

Speaking out. Veteran comic actor gets serious about raising awareness of disease affecting Canadians

**CELIA
MILNE**
life@metronews.ca

Patrick McKenna, one of the funniest guys on Canadian television (perhaps best known for playing the ultra-nerdy, buck-toothed Harold Green in the long-running Red Green Show), is helping raise awareness for a decidedly unfunny topic — lupus.

Lupus has been a shadow in McKenna's life because his mother, who is now 75, has had the disease for about four decades. The family didn't know what it was for many years; her symptoms were baffling. "She just generally felt like she wasn't herself,"

says McKenna. "We only knew that she couldn't go out in the sun and didn't like standing in lineups."

Lupus is a serious disease, but tricky to diagnose. It has been dubbed "the disease of a thousand faces" because symptoms differ so widely from person to person. Until recently, the disease was very isolating. "People suffered in silence. There was not a lot of vocabulary around it," McKenna says.

McKenna and fellow comedians Colin Mochrie and Debra McGrath are helping Lupus Canada raise the profile of the disease.

"If there is awareness, then there is discussion and if there is discussion, there are answers," he says.

Lupus is an autoimmune disease, meaning that the body's immune system, which is designed to fight foreign invaders, turn inwards and attacks the body's own cells.

The resulting inflamma-



Comedian Patrick McKenna
TORSTAR NEWS SERVICE

tion can occur in many different places — the skin, muscles, joints, blood vessels, lungs, heart, kidneys or brain.

While there's nothing comical about any of this, McKenna hopes that people with

Lupus at a glance

- Lupus often mimics many other illnesses.
- Lupus affects nine times more women than men.
- The cause of lupus is unknown.
- Symptoms include: joint pain and swelling; fatigue; unusual reaction to sunlight; rash; sores in the mouth; chest pain; swollen feet and weight gain.

lupus find comfort from each other as they connect and tell their stories.

"Tragedy plus time equals comedy," he says. "Right now, we're still in the tragedy part. The funny will come."

There are walks to raise awareness of lupus all over Canada. Go to walkforlupus.ca for more information.



Here is a great opportunity to learn Pranic Healing on 2nd and 3rd of June 2012 at Bodhi Well-Being & Healing Center from 9:00 AM to 5:00 PM. This is an experiential workshop, where you will learn to feel and scan chakras and auras. You will be able to do cleansing and balancing on aura and chakras. You will also learn to do healing for all different problems in your life, self healing and distant healing and lot more...

Pranic healing is an ancient science and art of healing introduced to world by Grand Master Choa Kok Sui. Pranic healing is highly advanced and potent, no touch, no drug healing modality. 'Prana' is a Sanskrit word, means life force, is a key for happy, healthy, and prosperous life.

Pranic healing can be used for healing as well as preventing physical, mental, emotional, and psychological problems. This helps to heal finances and relationship problems as well. This can be applied anywhere and everywhere in your daily life, for human beings, plants, animals, offices, businesses, home etc. Pranic healing also supports and helps you to grow safely and rapidly in your spiritual journey.

For more details and upcoming Pranic Healing Seminar, please contact Dr. Jyoti Dekate at 403-918-6225
www.bodhiwellbeing.com

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'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

House hunting

Home-buying pressure won't always result in diamonds



**FUN AND
FRUGAL**
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one'?

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't

found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location. Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, ac-

cess to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility. Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price. Be realistic. Does your desired square footage, in a hot location, translate into a \$2-million home when you can only afford \$500,000? Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition. A proper home

A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters



YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no-good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book *Innocent Spouse*, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed \$3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)



Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear. If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best. Stick to your criteria and find something that's just right for you.

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You should only go to the restroom before, or after, your meal. iSTOCK

Advice

When nature calls, don't answer



**CHARLES
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Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse yourself from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular

question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but also to understand the reason it exists. So here are the five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return,

thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

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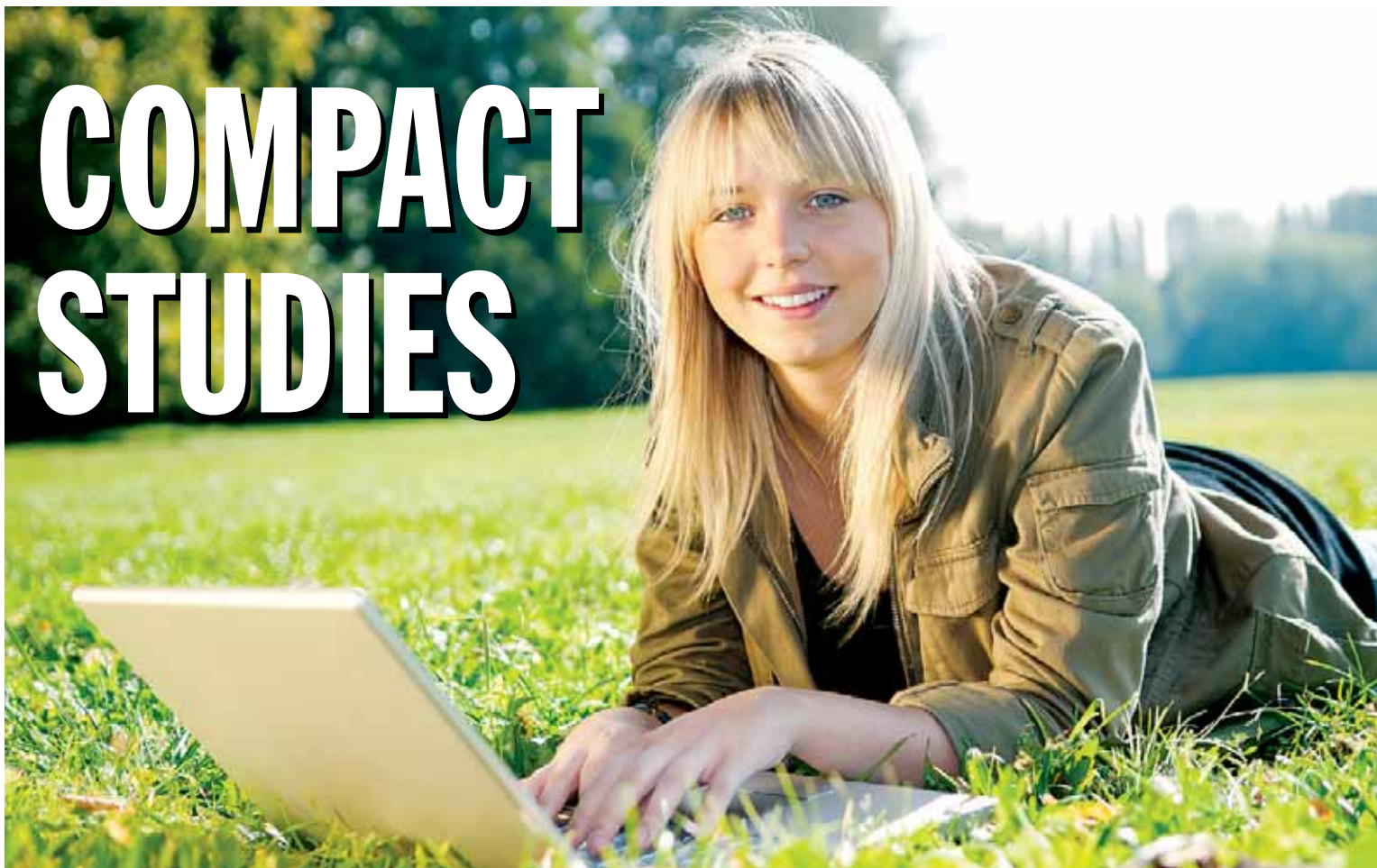
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COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to learn on an actual site in Alberta.

Other classes take students to the Northwest Territories to learn about design in traditional environments, or to study sustainability via outdoor education in rural Alberta (the ad shows two students paddling a canoe through rapids).

Others take students abroad to learn languages and art first-hand.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

She says students spend a few hours a day in the classroom four days a week and the rest of the week on field trips.

"In Hong Kong, we have business students who are studying cases in class and then they go out and see some factories," Witol says. "It makes things a lot more real."

It can also be a great opportunity to make global contacts that can flourish in later years. For other students, it's a chance to see if they really want to make a career out of their degree.

"Especially for programs that are hands-on. We have a program in Jordan which is an archeological dig," she says.

If you spend a month combing through desert sands under a blazing sun and leave grinning, it's probably the right career path for you.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

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ON THE MOVE

U OF L EDMONTON CAMPUS RELOCATING TO CONCORDIA



NICK WHITE/PHOTODISC/THINKSTOCK

For many students, campus life is just as important as the quality of the education they receive at their post-secondary institute.

The University of Lethbridge Edmonton campus understands this desire of students and will be relocating the Edmonton campus to Concordia University College July 1.

"We've operated a campus in Edmonton for almost 20 years, and our students have told us, loud and clear, that while they value our programming and flexibility, they were missing out on a campus environment," says Dr. Andy Hakin, the U of L's vice-president (academic) and provost.

"By listening to our students and

closely following the direction provided by our strategic and academic plans, the move to Concordia's campus will greatly enhance the U of L student experience in Edmonton."

This move will provide students more of a campus experience, while still remaining close to downtown.

Similar to the arrangement that the U of L Calgary campus has with Bow Valley College, U of L Edmonton will be leasing space on the Concordia campus and providing classrooms and other services for U of L students.

The U of L Edmonton team will also

be moving its downtown office to the leased space at Concordia.

About 500 students attend U of L classes in Edmonton each year, primarily in evenings and on weekends.

The U of L's presence will subsequently not conflict with regular Concordia classes.

The U of L will have the use of several classrooms, video conference facilities and student computer labs.

As well, U of L students will have access to the Concordia library, recreation and fitness facilities, bookstore and cafeteria.

The campus location also offers convenient parking and transit access, something that was lacking at the previous location.

"This move presents a great opportunity for both our institutions to work together to serve our students in new and innovative ways," says Hakin.

The new campus will be located at 7128 Ada Blvd.

For more information about the move, or programs available at U of L Edmonton, visit uleth.ca/edmonton.

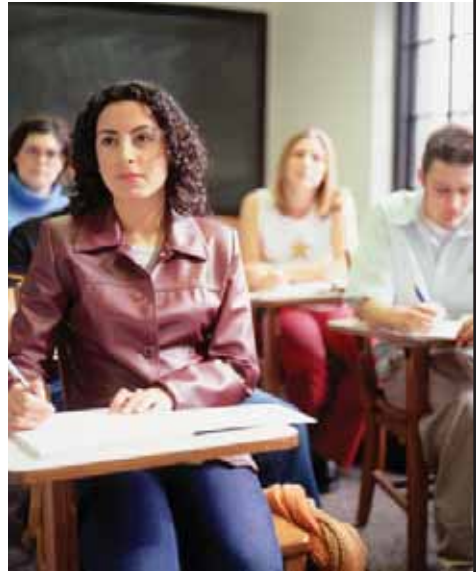
— Candice Ward, with files from University of Lethbridge

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MOUNT ROYAL UNIVERSITY PHOTO

THERE'S NO NEED TO FEAR CONFLICT

Conflict is something most people try to avoid, but Mount Royal University Continuing Education wants to give you the tools you need to deal with conflict head on. The Conflict Resolution Certificate will teach students how to engage in conflict situations with both confidence and skill.

"Students learn how to become more comfortable with conflict and the situations that arise from it," says Shannon Geoffrey, B. Admin, instructor, Conflict Resolution, Faculty of Continuing Education and program director, Community Mediation Calgary Society.

"Like many of us, conflict is often seen as challenging, stressful and for many, something to avoid."

This is the view of many of the students who enrol in this program, according to Geoffrey.

"Throughout their learning, they begin to reframe this view of conflict," says Geoffrey.

This certificate program is a 220-hour program that prepares learners to manage conflict situations in both their professional and personal lives.

"The program gives learners a theoretical foundation, which is applied into an experiential environment that supports the development of practical skills," says

Geoffrey. "Students will demonstrate the use of an interest-based mediation and negotiation models."

Geoffrey says, through these models, students will be exposed to a variety of situations and behaviours that they will learn to manage efficiently and effectively.

Once students learn to face conflict effectively, they will find it reduces stress and anxiety when they encounter conflict.

"Whether with family, friends, colleagues or even strangers, the skills they have will naturally become a part of how they perceive others and communicate with them," says Geoffrey.

"This program teaches us how to be more patient, tolerant and accepting of others, despite their differences."

The Conflict Resolution Certificate can be taken part time, with evening, day-time and weekend courses.

For those looking for something geared specifically for workplace conflict resolution, the Managing Conflict in Today's Workplace Certificate of Completion can be completed online (45 hours).

For more about the Conflict Resolution Certificate, visit conted.mtroyal.ca/conflictcounselling.

— Candice Ward

INTERACTIVE FUN FOR CHILDREN

MRU KIDS CAN HELP EXPAND CHILD'S KNOWLEDGE AT SUMMER CAMP

Fill your child's summer vacation with an education that they will actually want to get out of bed for each morning.

MRU Kids offers a variety of kids programs throughout the summer.

"We run amazing, interactive and exciting camps that encourage kids to explore their worlds and expand their minds," says Nicole Carrington, MRU Kids dead supervisor.

"MRU Kids aims to make every child's experience the best it can be."

There is something for everyone in these camps, including arts, sports, magic, and science.

It is now easier to send your 13- to 17-year-old to learn the fun they can have with science.

Participants in the ConocoPhillips Youth Science Academy will each receive a \$100 scholarship towards the cost of the program, which is applied at the time of registration.

This is a two-week interactive, hands-on camp, meant for students looking to pursue post-secondary science.

"The program aims to expand our student's knowledge in a creative, exploratory environment while preparing for study at a higher level," says Carrington.

Previous students have completed experiments such as: An egg drop to demonstrate the concept of impact; a marshmallow catapult to demonstrate the concept of inertia; a fully-functional paper roller-coaster to demonstrate the concept of potential and kinetic energy; candy chromatography; and the extraction and examination of DNA from bananas and strawberries.



MOUNT ROYAL UNIVERSITY PHOTO

Call 403-440-3833 to register for this program and receive the scholarship.

There are also bursaries available for low-income families in a number of different programs.

"All of our camps offer a variety of different activities that will allow children to explore their world and expand their knowledge," says Carrington.

Aside from learning academy or practical skills, these camps also work on connecting students on a social level.

Carrington says kids will make lasting friendships with other children who share similar interests.

"Children gain confidence by expanding their comfort zones in an accepting and nurturing environment," says Carrington.

Camps begin July 3 and last until Aug. 31, unless otherwise stated in the brochure.

For more information about the MRU Kids programs and a list of all the programs offered, visit mtroyal.ca/mrukids.

— Candice Ward

'IT'S ENOUGH TO MAKE THE GRAMMAR POLICE WANT TO DRAW THEIR WEAPONS'

You can review the facts in your business presentation 100 times, but a single spelling or grammar error reflects badly on your project — or worse, your company.

Here are some common errors:

IT'S, ITS — It's enough to make the grammar police want to draw their weapons. Use "it's" when you

want to abbreviate "it is." Use "its" as a possessive pronoun, as in "The company posted its results."

YOU'RE, YOUR — You're going to kick yourself when you realize how simple this is. Use "you're" to shorten "you are" and "your" as the possessive pronoun, as in "improve your writing."

THEY'RE, THEIR, THERE — There is no excuse for getting

this one wrong. Use "they're" for "they are" and "their" as a possessive pronoun, as in "writers tear their hair out when you misuse apostrophes." Use "there" for locations such as "over there."

Learn more in Mount Royal University's Professional Business Communications courses at conted.mtroyal.ca/businesscommunications.

DON'T WAIT, LEARN NOW

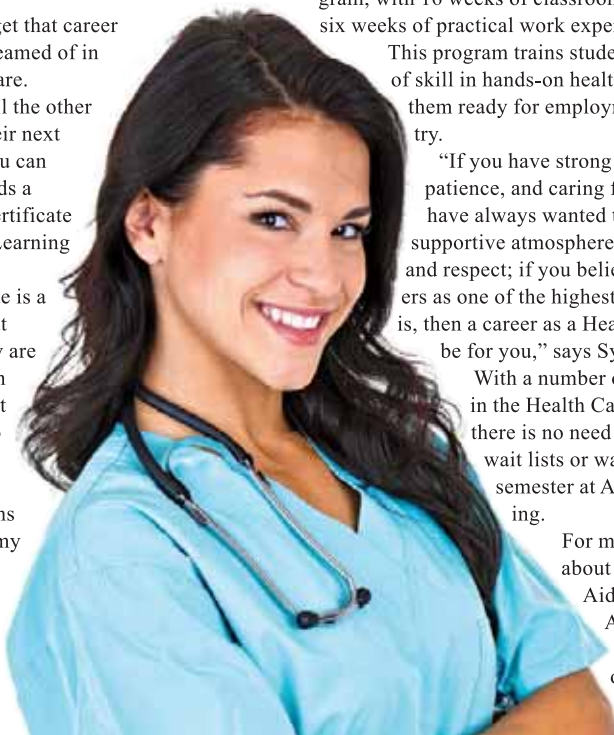
BECOME HEALTH CARE AIDE AT ACADEMY OF LEARNING

Now is the time to get that career you have always dreamed of in the field of health care.

Why wait until all the other institutions have their next enrolment, when you can start working towards a Health Care Aide certificate at the Academy of Learning now.

"Health Care Aide is a great way to find out quickly if you really are meant for a career in the industry, without having to commit to years of schooling first," says Brady Sylvester, admissions adviser with Academy of Learning.

"In five months, you can complete your HCA program and be ready for employment, while



others are still waiting for their next semester to start."

The Health Care Aide program is a 22-week program, with 16 weeks of classroom instruction and six weeks of practical work experience.

This program trains students to a high level of skill in hands-on health care, having them ready for employment in the industry.

"If you have strong senses of empathy, patience, and caring for others; if you have always wanted to work in a supportive atmosphere of professionalism and respect; if you believe in helping others as one of the highest career goals there is, then a career as a Health Care Aide may be for you," says Sylvester.

With a number of intakes per year in the Health Care Aide program, there is no need to worry about wait lists or waiting for the next semester at Academy of Learning.

For more information about the Health Care Aide program at the Academy of Learning, visit academy-oflearning.ab.ca.

— Candice Ward

RENFREW MEETS THE NEEDS OF CHILDREN

Renfrew Schools have been offering innovative educational services to children and families for more than 30 years.

"We see the children gain in confidence and develop a positive attitude towards school," says Jacque McKechnie, spokeswoman for Renfrew Educational Services.

"Parents tell us that their children can hardly wait to get on the school bus and to come to school each day."

Renfrew is a not-for-profit society and registered charity, operating as an independent school.

Renfrew Schools offer a wide range of specialized programs for typically developing children and children with special needs.

In the preschool and ECS classrooms, both groups of children learn and play together.

"This is advantageous to both groups; the children with challenges learn from the typical role models and the typical children learn compassion and that every individual, regardless of ability, has strengths to share with others," says McKechnie.

By following the approved Alberta education curriculum with modifications, Renfrew School is able to meet the needs of each individual child.

"We have teams of specialists on site at each

school, we work closely with families to meet their needs, and the program is holistic in approach, covering all areas of development including the arts, speech and language, gross motor and fine motor development, interpersonal and behavioural development," says McKechnie.

Renfrew Educational Services has five centres in Calgary that accommodate more than 650 students in preschool and elementary programs.

For more information about Renfrew Schools, visit renfreweducation.org.

— Candice Ward



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4

SPORTS

CFL

"I was always the cornerback. Whether I was a Canadian or wherever I was from, it didn't make any difference, because that's all I've ever been."

The B.C. Lions' Davis Sanchez who announced his retirement from the CFL on Monday. The 37-year-old from Delta, B.C., was drafted by Montreal sixth overall in 1999. He played 155 career games with the Alouettes, Lions, Calgary Stampeders and Edmonton Eskimos.

Mobile news



After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly-impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

Cycling

Canada's Ryder still on top in Italy

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

NBA



"This season has to be extended for me to play again. So that's what's on my mind."

So that's what's on my mind."

Miami Heat forward Chris Bosh. An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

NBA

Thunder rout Lakers in Game 1

Russell Westbrook had 27 points and nine assists, Kevin Durant added 25 points and the Oklahoma City Thunder blasted the weary Los Angeles Lakers 119-90 on Monday night in the opening game of the Western Conference semi-finals. THE ASSOCIATED PRESS



Kevin Durant GETTY IMAGES



Henrik Lundqvist stops a shot by Devils forward Ilya Kovalchuk as Ryan McDonagh chases in the first period in New York on Monday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Rested Devils felled by rolling Rangers

NHL. New York comes alive in third period after ousting Capitals on Saturday night

Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Henrik Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils on Monday night.

Playing just two days after eliminating Washington in a stirring 2-1 Game 7 victory, the top-seeded Rangers hit their home ice again and won their third straight Game 1 of these playoffs. The Devils had

Game 1	
3	0
Rangers	Devils

been off for five days since they knocked out the Philadelphia Flyers in five games.

Shaking off suggestions they are tired, the Rangers slogged through two scoreless periods and pulled out a win with a dominating third period.

"I think it starts with work habits, how hard we want to work," Lundqvist said. "And then the skill takes over. We have been doing it all year."

The Rangers are in the con-

By the numbers

7

New York won Round 1 and Round 2 in Game 7s against Ottawa and Washington. No team forced to play seven-game series in the first two rounds has gone on to win the Stanley Cup.

ference finals for the first time since 1997, and they haven't reached the Stanley Cup finals since 1994 when they beat 22-year-old goalie Martin Brodeur and the Devils in a classic seven-game series that backed up captain Mark Messier's Game 7 guarantee.

New Jersey is making its first conference finals appearance since 2003, the year they won the cup for the third time.

Girardi, who struggled at

times with his defensive duties, got a perfect setup from Kreider and scored 53 seconds into the third period. Playing in just his 13th NHL game, all in these playoffs, Kreider sent a pass back from the right circle in the Devils' zone to the point. Girardi took long strides as he charged up ice and stepped into a shot that ripped through a screen in front by teammate Derek Stepan. The shot beat Brodeur for Girardi's second goal of the playoffs.

Girardi also earned a secondary assist on Kreider's power-play goal with eight minutes remaining that made it 2-0.

Artem Anisimov, who also assisted on Kreider's goal, scored into an empty net to make it 3-0 with 1:27 left.

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IIHF. Sutter settled in his role with Team Canada

Brent Sutter has completely moved on.

There's been an undeniable enthusiasm radiating from Canada's coach throughout the IIHF World Hockey Championship — a job opportunity that came directly on the heels of a mutual decision to part ways with the Calgary Flames last month.

"With everything that happened there so quickly (it was good) to get away from it and come over and coach a team that's about all the right things," Sutter said Monday after practice. "These guys have all jelled together as a team, the leaders are tremendous team guys, it's a talented group, it's a young group with some experience on it that knows how to win."

"As a coach it's been great."

By coincidence, the invitation from Hockey Canada came the same day Sutter split with the Flames and gave him the opportunity to throw himself directly into a new challenge.

He wasted little time. It started with phone calls to every player before they departed for Europe and has



Brent Sutter GETTY IMAGES FILE

continued with a unique approach to the tournament. Sutter and assistants Guy Boucher and Kirk Muller made a conscious decision not to overload the players with too much talk of systems and elected to have them skate just a handful of times while opening with six games in nine days.

The team went 5-0-1 over that stretch and needs just one point from Tuesday's game against Belarus to clinch top spot in the Helsinki pool heading to the medal round.

THE CANADIAN PRESS

Searching for ways to knock Kings off throne



The Kings celebrate Anze Kopitar's goal as Phoenix's Oliver Ekman-Larsson skates past on Sunday in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Phoenix tries to adjust tactics ahead of Game 2

The Phoenix Coyotes survived stretches of playing on their heels in the playoffs' first two rounds, absorbing everything the opponent threw at them before counterpunching with a winning goal.

Against the Los Angeles Kings, they quickly learned that method won't work.

More skilled and equally tenacious as Phoenix, the Kings hit the Coyotes hard and kept coming in Game 1 of the Western Conference final, rolling to a 4-2 win Sunday night.

With Game 2 Tuesday night

in the desert, the Coyotes have a short turnaround to figure out a way to stop this Los Angeles juggernaut or it could end up being a short series.

"We know we need to be better," Coyotes forward Boyd Gordon said Monday after practice. "They're a very good team, they work hard, they compete and they battle. If we come out like we did in Game 1, we'll be in big trouble."

The Kings have been doing this all playoffs.

The West's last team to get in, Los Angeles has arguably been the NHL's best team in the playoffs, its combination of grit, skill and superb goaltending overwhelming opponents.

More than the technical adjustments, the Coyotes need a change in attitude, to get back to their grinding ways.

A team without any true stars, Phoenix relies on a lunch-pail approach, getting to the loose pucks first, winning individual battles all over the ice.

The Coyotes didn't do that against Los Angeles in Game 1.

THE ASSOCIATED PRESS

Quoted

"We know how we play and don't worry about the matchups."

Kings centre Jarret Stoll

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with

Quoted



"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissible videotaped evidence.

McNamee recalled how he met Clemens when McNamee

was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncom-

fortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS



Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

sample last Oct. 1 because it was not immediately left at a FedEx office.

THE ASSOCIATED PRESS



Tough 5th inning sinks Jays

Brandon Morrow reacts on the mound during the fifth inning Monday in Toronto. Luke Scott and Sean Rodriguez each drove in two runs in a six-run fifth inning as the Tampa Bay Rays defeated the Blue Jays 7-1. Morrow was felled in his attempt for his fifth consecutive win when first baseman Adam Lind's error led to the five unearned runs.

FRANK GUNN/THE CANADIAN PRESS

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² Discount only applied to order when the Scotiabank NHL VISA cardholder's promo code is entered at checkout and a Scotiabank NHL VISA card is used. Discount does not apply to Stanley Cup Championship merchandise, taxes, shipping and handling charges, gift wrapping or similar charges. Cannot be combined with any other promotional offer. Some additional conditions and restrictions apply. Visit shop.canada.nhl.com for details.

³ Visit www.myscotiahockeyrewards.com for complete details. Scotiabank Rewards points are not awarded for cash advances, Scotia® VISA cheques, balance transfers from other cards or loans, VISA payments, credit vouchers, returns, annual card fees, interest charges or service/transaction charges.

⁴ Scotiabank Rewards points are calculated on card purchases, less returns ("Net Purchases"). Offer valid between March 26, 2012 and September 30, 2012. Offer may be withdrawn at any time without notice.

⁵ Offer subject to store skate sharpening availability, posted terms and conditions and limited to one free skate sharpening per purchase or visit. This offer is subject to change without notice.

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Baltimore	22	14	.611	—
Tampa Bay	22	14	.611	—
New York	20	15	.571	1½
Toronto	19	17	.528	3
Boston	16	19	.457	5½
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	19	16	.543	—
Detroit	17	18	.486	2
Chicago	17	19	.472	2½
Kansas City	14	20	.412	4½
Minnesota	10	25	.286	9
WEST DIVISION				
	W	L	Pct	GB
Texas	23	13	.639	—
Oakland	18	17	.514	4½
Seattle	16	21	.432	7½
Los Angeles	15	20	.429	7½

Last night's results

Tampa Bay 7 Toronto 1
Chicago White Sox 7 Detroit 5
Kansas City 3 Texas 1
Cleveland 5 Minnesota 4
Boston 6 Seattle 1
N.Y. Yankees 8 Baltimore 5
Oakland at L.A. Angels
Sunday's results
Minnesota 4 Toronto 3
Seattle 6 N.Y. Yankees 2
Texas 13 L.A. Angels 6
Tampa Bay 9 Baltimore 8
Kansas City 9 Chicago White Sox 1
Boston 12 Cleveland 1
Detroit 3 Oakland 1
Today's games — All times Eastern
Cleveland (D.Lowe 5-1) at Minnesota (Mar-cuz 2-2), 1:10 p.m.
Detroit (Scherzer 2-3) at Chicago White Sox (Peavy 4-1), 2:10 p.m.
Seattle (Beavan 1-3) at Boston (Beckett 2-4), 4:05 p.m.
N.Y. Yankees (Sabathia 5-0) at Baltimore (W.Chen 3-0), 7:05 p.m.
Oakland (Colón 3-3) at L.A. Angels (E.Santana 1-6), 7:05 p.m.
Tampa Bay (Price 5-2) at Toronto (H.Alvarez 3-2), 7:07 p.m.
Kansas City (Mazzaro 0-0) at Texas (Lewis 3-2), 8:05 p.m.
Tomorrow's games
Minnesota at Detroit, 7:05 p.m.
Seattle at Cleveland, 7:05 p.m.
N.Y. Yankees at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Baltimore at Kansas City, 8:10 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Hamilton, Tex	32	127	30	51	.402
Jeter, NYY	34	145	24	54	.372
Ortiz, Bos	34	132	24	46	.348
Konerko, ChiW	34	123	16	41	.333
Sweeney, Bos	30	111	10	37	.333
Andrus, Tex	34	137	24	45	.328
AJackson, Det	33	125	26	40	.320
Pedroia, Bos	34	144	25	46	.319
ACabrera, Cle	28	111	18	35	.315
Beltre, Tex	31	116	19	36	.310
Russ — Kinsler, Texas, 32; Hamilton, Texas, 30; AJones, Balt, 27; AJackson, Det, 26; De Aza, Chi, 25; Pedroia, Bos, 25.					
RBI — Hamilton, Tex, 44; Encarnacion , Toronto, 29; McCabe , Det, 29; ADunn , Chi, 26.					
Last night's games not included					

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	22	13	.629	—
Atlanta	22	14	.611	½
New York	20	15	.571	2
Miami	18	17	.514	4
Philadelphia	17	19	.472	5½
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	20	15	.571	—
Cincinnati	18	16	.529	1½
Pittsburgh	17	18	.486	3
Chicago	15	20	.429	5
Houston	15	20	.429	5
Milwaukee	15	20	.429	5
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	23	11	.676	—
San Francisco	17	17	.500	6
Arizona	15	20	.429	8½
Colorado	13	20	.394	9½
San Diego	12	24	.333	12

Last night's results

Cincinnati 3 Atlanta 1
Philadelphia 5 Houston 1
Pittsburgh 3 Miami 2
Washington 8 San Diego 5
N.Y. Mets 3 Milwaukee 1
Chicago Cubs 6 St. Louis 4
Arizona at L.A. Dodgers
Colorado at San Francisco
Sunday's results
Miami 8 N.Y. Mets 4
Cincinnati 9 Washington 6
San Francisco 3 Arizona 3
Philadelphia 3 San Diego 2
Chicago Cubs 8 Milwaukee 2
Atlanta 7 St. Louis 4
Pittsburgh 3 Houston 2 (12 inn.)
L.A. Dodgers 11 Colorado 5
Today's games — All times Eastern
Houston (Undecided) at Philadelphia (Cl.Lee 0-1), 1:05 p.m.
San Diego (Bass 1-4) at Washington (Stras-burg 3-0), 1:05 p.m.
Chicago Cubs (Maholm 4-2) at St. Louis (Lohse 5-1), 1:45 p.m.
Cincinnati (Cueto 4-0) at Atlanta (T.Hudson 1-1), 7:10 p.m.
Milwaukee (Greinke 3-1) at N.Y. Mets (Gee 2-2), 7:10 p.m.
Pittsburgh (Correia 1-3) at Miami (Jo.Johnson 0-3), 7:10 p.m.
Arizona (Miley 3-1) at L.A. Dodgers (Billings-ley 2-2), 10:10 p.m.
Colorado (Guthrie 2-1) at San Francisco (Linccum 2-3), 10:15 p.m.
Tomorrow's games
L.A. Dodgers at San Diego, 6:35 p.m.
Pittsburgh at Washington, 7:05 p.m.
Cincinnati at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Philadelphia at Chicago Cubs, 8:05 p.m.
Arizona at Colorado, 8:40 p.m.
St. Louis at San Francisco, 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
DWright, NYM	31	115	24	46	.400
Furcal, STL	33	133	25	51	.383
Kemp, LAD	34	117	29	42	.359
McCabe, SF	34	141	21	49	.348
Jay, STL	26	101	17	35	.347
LaHair, ChiC	31	100	15	34	.340
McCutchen, Pgh	31	115	18	39	.339
LaRoche, Wash	30	110	13	37	.336
Bourn, Atl	35	152	24	51	.336
SCastro, ChiC	34	139	16	46	.331
Last night's games not included					

RAYS 7, BLUE JAYS 1

Tampa Bay	ab	r	h	bi	Toronto	ab	r	h	bi
Zobrist rf	4	2	1	1	KJhnsn 2b	5	0	2	1
Blpton cf	3	1	1	0	YEscor ss	4	0	0	0
Joyce lf	5	1	0	0	Vizquel ss	0	0	0	0
CPena 1b	4	1	0	0	Bautist rf	3	0	0	0
Scott dh	5	1	1	2	Lind 1b	3	0	0	0
SRdrgz 3b	4	0	2	2	Encnc dh	3	0	0	0
Rhymz 2b	3	1	1	0	Thams lf	3	0	1	0
Gimenz c	4	0	0	0	Lawrie 3b	4	0	1	0
EJhnsn ss	2	0	1	1	Rasms cf	2	1	0	0
BFmcs ph	1	0	0	0					
Arencl c	3	0	0	0					
Totals	34	7	6	1	Totals	31	1	4	1
Tampa Bay									
Toronto									
E—Lind 2 (5), DP—Toronto 1, LOB—Tampa Bay 7, Toronto 9, 2B—S.Rodriguez (3), Rhymes (2), HR—Zobrist (6), SB—B.Upton (5), E.Johnson (6), K.Johnson (4), CS—E.Johnson (1).									
IP	H	R	ER	BB	SO				
Tampa Bay									
Niemann	1	1	0	0	1	0			
C.Ramos W,1-0	3	2	1	1	3	3			
W.Davis	2	0	0	0	1	1			
Howell	1	0	0	0	0	1			
Badenhop	1	0	0	0	0	1			
McGee	1	1	0	0	1	3			
Toronto									
Morrow L,4-2	5	4	6	1	4	7			
L.Perez	1	0	0	0	1	1			
E.Crawford	1	1	0	0	0	3			
Cordero	1	1	0	0	0	1			
Villanueva	1	1	1	1	1	2			
HBP—by Cordero (Rhymes). WP—Morrow. T—3-21. A—15,289 (49,260).									

TENNIS

ATP-WTA

ITALIAN OPEN

At Rome

Men's Singles — First Round
John Isner (9), U.S., def. Philipp Kohlschreiber, Germany, 2-6, 7-6 (3), 6-2.
Nicolas Almagro (12), Spain, def. Marin Cilic, Croatia, 6-2, 3-6, 6-0.
Gael Monfils (13), France, def. Alex Bogomolov, Ukraine, 6-4, 6-1.
Fernando Verdasco, Spain, def. Alexandr Dol-gopopolov, Ukraine, 6-0 (retired).
Bernard Tomic, Australia, def. Santiago Giral-do, Colombia, 4-6, 6-2, 6-4.
Fabio Fognini, Italy, def. Marcos Baghdatis, Cyprus, 6-2, 6-2.
David Nalbandian, Argentina, def. Albert Ramos, Spain, 6-3, 6-4.
Stanislav Wawrinka, Switzerland, def. Robin Haase, Netherlands, 6-1, 4-6, 7-5.
Carlos Berlocq, Argentina, def. Blaz Kavcic, Slovenia, 6-1, 6-3.
Radek Stepanek, Czech Republic, def. Juan Ignacio Chela, Argentina, 2-6, 6-0, 6-3.
Women's Singles — First Round
Julia Georges, Germany, def. Aleksandra Wozniak, Blainville, Que., 6-1, 6-7 (1), 6-3.
Ekaterina Makarova, Russia, def. Francesca Schiavone (10), Italy, 6-3, 6-4.
Angelique Kerber (12), Germany, def. Anastasia Rodionova, Australia, 4-6, 7-5, 6-2.
Ana Ivanovic (13), Serbia, def. Svetlana Kuznetsova, Russia, 6-4, 6-3.
Anabel Medina Garrigues, Spain, def. Zheng Jie, China, 6-2, 6-1.
Chanelle Scheepers, South Africa, def. Jarmi-la Gajdosova, Australia, 6-4, 7-6 (3).
Vania King, U.S., def. Tsvetana Pironkova, Bulgaria, 6-0, 6-1.
Christina McHale, U.S., def. Monica Niculescu, Romania, 6-4, 6-4.

NHL PLAYOFFS

STANLEY CUP

CONFERENCE FINALS

(Best-of-7 series)

All times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. NEW JERSEY (6)

(New York leads 1-0)

Last night's result

N.Y. Rangers 3 New Jersey 0

Tomorrow's game

New Jersey at N.Y. Rangers, 8 p.m.

Saturday's game

N.Y. Rangers at New Jersey, 1 p.m.

Monday, May 21

N.Y. Rangers at New Jersey, 8 p.m.

Wednesday, May 23

New Jersey at N.Y. Rangers, 8 p.m.

Friday, May 25

x-N.Y. Rangers at New Jersey, 8 p.m.

Sunday, May 27

x-New Jersey at N.Y. Rangers, 8 p.m.

WESTERN CONFERENCE

PHOENIX (3) VS. LOS ANGELES (8)

(Los Angeles leads 1-0)

Sunday's result

Los Angeles 4 Phoenix 2

Tonight's game

Los Angeles at Phoenix, 9 p.m.

Thursday's game

Phoenix at Los Angeles, 9 p.m.

Sunday, May 20

Phoenix at Los Angeles, 3 p.m.

Tuesday, May 22

x-Los Angeles at Phoenix, 9 p.m.

Thursday, May 24

x-Phoenix at Los Angeles, 9 p.m.

Saturday, May 26

x-Los Angeles at Phoenix, 9 p.m.

x — if necessary.

RANGERS 3, DEVILS 0

First Period — No Scoring.

Penalties — Volchenkov NJ (delay of game)

8:09, Hagelin NYR (holding) 11:27.

Second Period — No Scoring.

Penalties — Zubrus NJ (hooking) 2:54, Greene NJ (slashing) 14:05, Prust NYR (roughing) 17:15.

Third Period

1. N.Y. Rangers, Girardi 2 (Kreider, Del Zotto) 0:53

2. N.Y. Rangers, Kreider 3 (Anisimov, Girardi) 12:00 (pp)

3. N.Y. Rangers, Anisimov 3 (Boyle, Fe-dotenko) 18:33 (en)

Penalties — Bernier NJ (boarding) 10:24, Krei-der NYR (hooking) 13:07, Rupp NYR (rough-ing) 19:22.

Shots on goal

New Jersey 6 11 4 21

N.Y. Rangers 8 10 10 28

Goal — New Jersey: Brodeur (L8-4-0); N.Y. Rangers: Lundqvist (W,9-6-0).

Power plays (goals-chances) — New Jersey: 0-4; N.Y. Rangers: 1-4.

Referees — Wes McCauley, Dan O'Halloran.

Linesmen — , Steve Barton.

Attendance — 18,200 (18,200) at New York.

LACROSSE

NLL PLAYOFFS

CHAMPIONSHIP

Saturday's game

CHAMPIONS CUP

Edmonton at Rochester, 7:30 p.m., EST

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP

At Helsinki and Stockholm

PRELIMINARY ROUND

GROUP A

	GP	W	OW	OL	L	GF	GA	Pt
x-Canada	6	5	0	1	0	30	14	16
x-Finland	7	5	0	0	2	21	14	15
x-U.S.	6	3	2	0	1	27	15	13
Slovakia	6	4	0	0	2	16	9	12
France	6	3	0	0	3	17	27	9
Switzerland	6	2	0	0	4	14	16	6
Belarus	6	1	0	0	5	10	18	3
Kazakhstan	7	0	0	1	6	11	33	1

GROUP B

	GP	W	OW	OL	L	GF	GA	Pt
x-Russia	7	7	0	0	0	27	8	21
x-Sweden	6	5	0	0	1	25	15	15
x-Czech Rep.	6	3	1	0	2	16	10	11
x-Norway	6	3	0	1	2	17	10	10
Latvia	6	2	0	0	4	11	15	6
Germany	6	2	0	0	4	13	23	6
Denmark	6	1	0	1	4	11	17	4
Italy	7	0	1	0	6	6	31	2

x — clinched berth in championship playoffs.

Note: 3 points for a regulation win, 2 for an overtime win and 1 for an overtime loss.

Yesterday's results

At Helsinki

France 2 Belarus 1

Finland 4 Kazakhstan 1

At Stockholm

Denmark 2 Latvia 0

Russia 4 Italy 0

Sunday's results

At Helsinki

Slovakia 1 Switzerland 0

U.S. 5 Finland 0

At Stockholm

Norway 12 Germany 4

Russia 2 Czech Republic 0

Today's games — All times Eastern

At Helsinki

Canada vs. Belarus, 5:15 a.m.

Slovakia vs. France, 9:15 a.m.

U.S. vs. Switzerland, 1:15 p.m.

At Stockholm

Crossword

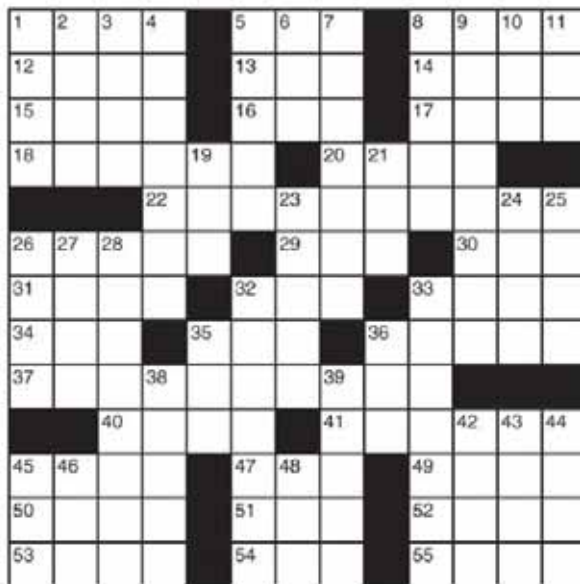
Across

- 1 Fem. counterpart
- 5 Seek damages
- 8 Layer of paint
- 12 List-ending abbr.
- 13 Mess up
- 14 Luau dance
- 15 Zilch
- 16 Compete
- 17 Particular
- 18 Latest news
- 20 Chastity's mom
- 22 1980 Jane Fonda movie
- 26 Collect
- 29 Morning moisture
- 30 Martini ingredient
- 31 Existed
- 32 Spanish literary hero
- 33 Oberlin locale
- 34 Sodom evacuee
- 35 Nosh
- 36 Before
- 37 1984 Goldie Hawn movie
- 40 Metric syllable
- 41 Rough
- 45 Vivacity
- 47 Mainlander's memento
- 49 Disturb
- 50 Poolroom prop
- 51 Moray, for one
- 52 Tittle
- 53 "Planet of the —"

- 54 Firmament
- 55 Portent

Down

- 1 Carte
- 2 Covering
- 3 Hourglass fill
- 4 Wash
- 5 Twilight time, maybe
- 6 Swiss canton
- 7 Put up
- 8 Leader
- 9 Completely
- 10 Pub order
- 11 Highlander's chapeau
- 19 "— the season ..."
- 21 Explanation
- 23 Mrs. Archie Bunker
- 24 Henry —
- 25 Carbon compound
- 26 Piercing tools
- 27 Cat call
- 28 Ruse
- 32 Rooks
- 33 Erie neighbor
- 35 Swelled head
- 36 Venusian vessel
- 38 Crannies
- 39 With aloofness
- 42 Leeway
- 43 Location
- 44 Verve



- 45 Support system?
- 46 Eminem's genre
- 48 "A mouse!"

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ
XZBLN XGOVGAP LABLXZTLN.
TLZTXL ZMRLA XGVL RZ
OWXX FGD W NLWXGAP MWA.
Yesterday's Cryptoquip: IF A FEMALE
MONARCH WERE A FAN OF LOW-QUALITY BEDS,
SHE COULD BE CALLED MARY. QUEEN OF COTS.
Today's Cryptoquip Clue: X equals L.



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Horoscope

Aries | March 21 - April 20.

The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21.

You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20.

You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going

wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22.

You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21.

Where money and business affairs are concerned you must be cautious, because you could easily be tricked

into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21.

Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan. 20.

Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb. 18.

Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20.

What you think is a problem is not really a problem at all.

SALLY BROMPTON

Weather

TUESDAY



MAX: 28°
MIN: 8°

WEDNESDAY



MAX: 24°
MIN: 12°

THURSDAY



MAX: 14°
MIN: 5°



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"Birds without feather, also flock together."

Virender

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